

**CLAIMS**

1. A method for preventing hyperinsulinemia in an animal or human subject undergoing treatment with growth hormone (GH), the method comprising subjecting said subject, during the growth hormone treatment period, to a measure that causes a reduction in blood lipid  
5 levels.
2. A method according to claim 1, wherein said measure is selected from the group consisting of a diet regimen, a drug treatment, or a combination thereof.
3. A method according to claim 2, wherein the diet regimen comprises a restricted amount of a high-fat (HF) diet as a sole food source.
- 10 4. A method according to claim 3, wherein the energy content of the diet does not exceed the theoretical maintenance level for the subject.
5. A method according to claim 2, wherein the drug treatment comprises administering a compound selected from the group consisting of: 5-methylpyrazinecarboxylic acid 4-oxide, a statin, a fibrate, or a combination of any of the foregoing, wherein said administering is  
15 effective in reducing blood lipid levels in the subject.
6. A method according to claim 1, wherein the subject is a human.
7. A method according to claim 6, wherein the human is obese.
8. A method for catabolizing adipose tissue in an animal or human subject without induction of hyperinsulinemia, the method comprising (i) administering a growth hormone (GH) to the  
20 subject and (ii) subjecting the subject to a measure that causes a reduction in blood lipid levels.
9. A method according to claim 8, wherein said measure is selected from the group consisting of a diet regimen, a drug treatment, or a combination thereof.
10. A method according to claim 9, wherein the diet regimen comprises a restricted amount of  
25 a high-fat (HF) diet as a sole food source.
11. A method according to claim 10, wherein the energy content of the diet does not exceed the theoretical maintenance level for the subject.

12. A method according to claim 9, wherein the drug treatment comprises administering a compound selected from the group consisting of: 5-methylpyrazinecarboxylic acid 4-oxide, a statin, a fibrate, or a combination of any of the foregoing, wherein said administering is effective in reducing blood lipid levels in the subject.
- 5 13. A method for reducing blood lipid levels in an animal or human subject without induction of hyperinsulinemia in the subject, the method comprising (i) administering a growth hormone (GH) to the subject and (ii) providing said subject with restricted amounts of a high-fat (HF) diet as a sole food source.
- 10 14. A method for reducing blood lipid levels in an animal or human subject without induction of hyperinsulinemia in the subject, the method comprising (i) administering a growth hormone (GH) to said subject and (ii) inhibiting lipolysis in said subject.
- 15 15. A pharmaceutical composition comprising, as active ingredients, (i) a growth hormone and (ii) an agent capable of reducing blood lipid levels.
16. A pharmaceutical composition comprising, as active ingredients, (i) a growth hormone and (ii) a lipolysis-inhibiting agent.
17. A pharmaceutical composition according to claim 16, wherein said agent is an HSL inhibitor.
18. A medical kit comprising (i) a growth hormone preparation and (ii) one or more agents capable of causing a reduction in blood lipid levels.
- 20 19. A medical kit according to claim 18, wherein said agent (ii) is a lipolysis-inhibiting agent.
20. A medical kit according to claim 19, wherein said lipolysis-inhibiting agent is an HSL inhibitor.